

Oven-Baked Whole Wheat Pancakes

Meal Components: Grains

Breads, Breakfast, A-06A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour	7 oz	1 1/2 cups	14 oz	3 cups	<div>1. Combine flours, baking powder, sugar, salt, eggs, oil, and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.</div>
Whole wheat/enriched blend flour	7 oz	1 1/2 cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
baking powder		2 Tbsp		1/4 cup	
Sugar	2 oz	1/4 cup	4 oz	1/2 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Vegetable oil		1/4 cup		1/2 cup	
Low-fat 1% milk		3 cups		1 qt 2 cups	

2. Mix for 1 minute on medium speed until batter

3. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

4. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes

5. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

6. No CCP necessary.

Notes

Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Serving	Yield	Volume
1 piece provides the equivalent of 1 slice bread.	25 Servings: 2 lb 9 oz 50 Servings: 5 lb 2 oz	25 Servings: 1 quart 1 cup (batter) 1 half-sheet pan 50 Servings: 2 quarts 2 cups (batter) 2 half-sheet pans

Nutrients Per Serving					
Calories	103	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol	20 mg	Calcium	124 mg
Carbohydrate	16 g	Vitamin A	89 IU	Sodium	294 mg
Total Fat	3 g	Vitamin C		Dietary Fiber	1 g